

Volume 74 No. 4

"And Ye Shall Know The Truth..."

September 7, 2022



Bishop Robert A. Culp and Pastor Eric Von Butler, Sr.

In This Issue					
Perryman Page 2	Area Advancements Page 4	Author Vince Flowers Returns Page 7	Eating Healthy Page 10	Book Review Page 13	
Men's Health	TARTA's	St. Paul's Backpack	Mental	Classifieds Page 15	
Network Page 3	Microtransit Page 5	Giveaway Page 9	Health Page 11	Cover Story Page 16	

The Police Department's Five-Alarm Fire

By Rev. Donald L. Perryman, Ph.D. The Truth Contributor

But somebody needs to care about the victims.

- Peter Moskos



A persistent and out-of-control homicide rate and the botched arrest of Olympic boxer Oshae Jones have become a political five-alarm fire for Mayor Wade Kapszukiewicz and the Toledo Police Department.

According to research data by Peter Moskos, only five cities have murder rates that have more than doubled since 2017. Toledo (204 percent) joins Austin (256 percent), Portland ((215 percent), Jackson (142 percent), and Minneapolis (114 percent). Toledo's homicide rate increase is even higher than Washington, D.C., and Atlanta (94 percent).

The recent arrest of Olympic bronze medal-winning boxer Oshae Jones is also alarming.

Jones was arrested by TPD on July 31 and charged with resisting arrest, failure to disperse and disorderly conduct. However, in released video footage Jones appears to be physically and verbally assaulted by a police officer while handcuffed.

Jones has demanded an apology from the police, claiming the arrest was unlawful. In addition, TPD has opened an internal affairs investigation. Notably, eight days following the arrest, Police Chief George Kral announced his retirement, effective January 9, 2023.

Does Kral's retirement correlate with Jones' controversial arrest and the escalating homicides in Toledo?

The official narrative is that Kral's retirement was unexpected, but the "logistics of his pension" forced his retirement.

Kral's low-key, non-confrontational approach was often lauded and endeared him to the mayor, business and soccer mom communities. Yet, during Kral's tenure, a disconnect or cultural divide has existed between the TPD and Toledo's African-American community.

As a local, high-profile Olympic hero, it is incredible that none of the responding officers knew who Jones was. TPD certainly must have known Jones' address. Was there an officer present who thought that maybe we could approach things a little differently?

All Jones was asking for was the officer's badge number, and she gets assaulted on body cam and there's no swift personnel action whatsoever.

I wonder if Jones would have been maltreated if she were a white male Olympic boxer from Toledo. I am also curious how much verbal and physical abuse is perpetrated upon lesser-known people of color and where video footage is unavailable.

For sure, under Kral, the incident suggests that TPD has lost legitimacy in the community that needs them the most and among whom police most emphatically profess to protect and serve.

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604 Phone 419-243-0007

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

Since victims also matter, what should be done?

I respect Mike Beazley's business and political acumen. However, it is the ultimate personal, cultural and political disrespect not to have representation from grassroots Black experience at the table and heed their recommendations in mayoral decision-making.

Kapszukiewicz has given the microphone mainly to people with large platforms, not those in the trenches who have spent a lifetime doing work among the marginalized and who best know the people and the issues

As a result, the mayor has received information on issues his advisors know nothing about. This process hurts Toledo and the African-American community and ultimately thwarts positive change.

Black and residents of color are disproportionately the victims of homicides and violent crime. The extraordinarily high crime rates also promote disinvestment and scare off wealthy individuals from making large financial expenditures in Toledo. I know of one high-profile billionaire contemplating relocating back to Toledo but is now hesitant because of the violent crime and distressing police-Black relations.

Therefore, the Kapszukiewicz administration should stop putting a bandage on the problem and hold TPD accountable for failing to address the issue adequately. Violence interrupters and a safety director with experience as a former fire chief are but half-steps and inadequate for the out-of-control five-alarm fire in the police department.

Instead, we need to invest in a first-rate Police Chief with demonstrated data-driven successes and superb police-community relationship skills.

Since victims matter, what else can the Black community do to put out the fire?

Kapszukiewicz currently has a charter amendment he very much wants to pass. The change, if approved by voters, would allow the mayor to serve a third consecutive four-year term, among other matters.

The amendment would also allow Mayor Wade to continue his career at a time when redistricting and other political circumstances have closed the door on his political future for many years to come.

Despite the Kapszukiewicz administration's refusal to engage or heed the Black community's recommendations, a growing number of citizens are prepared to show up and show out to ensure community-backed hiring of the new police chief occurs.

Using the charter amendment as leverage is an opportunity to put out the five-alarm fire in the police department. Listening to the Black community's recommendations for once also provides Kapszukiewicz with a chance to disprove his reputation that "If it ain't directly beneficial to Wade with either the business community, some constituency, or personally, then he doesn't care. Even if they are victims."

Contact Rev. Donald Perryman, PhD, at drdlperryman@centerofho-pebaptist.org

Community Calendar

September 17-18

St. Paul's MBC Women's Day Weekend: "Alive and Well Women's Conference 2022; Saturday at 10:30 am to 1 pm (Physical and mental wellness); Continental breakfast at 10 am; Sunday morning Worship Service; Sunday School at 10:00 am; Worship service at 10:45 am; Speaker is Valerie Simmons-Walston of Transformation Church

September 25

Concert featuring Anthony Pattin and Friends; 4 pm; Third Baptist Church; A tribute to Third Baptist former musicians and choir directors Perfecting Church Family and Friends Day: 8 am: 419-382-1300

Does Anyone Really Care About African-American Boys and Men?

Dr. Salvatore J. Giorgianni, Jr. PharmD. Senior Science Advisor,

Men's Health Network

Special to The Truth

Over two and a half years ago, in the article "African-American Boys and Men in America Are Killing Themselves and No One Seems to Care," I wrote about the national disgrace that is the heavier toll of suicide facing African-American boys and men. I said that in minority communities, people often misunderstand what a mental health condition is, and therefore, discussing the subject is uncommon. A lack of understanding leads many to believe that a mental health condition is a personal weakness or a form of punishment. African Americans are also more likely to be exposed to factors that increase the risk for developing a mental health condition, such as discrimination, social isolation, homelessness, and exposure to violence.

What has changed - for better and for worse - since then? Do African-American men and boys continue to have a higher death rate from suicide and violence than others? Is the male suicide rate in the United States still far higher than women? Is suicide still a leading cause of death for minority males? Are African-Americans still more likely to experience serious mental health problems than the general population? Sadly, the answer to all of these questions remains yes.

What has gotten worse? As I've said previously, African-American youth who are exposed to violence have a 25 percent higher risk of developing PTSD than non-Black youth. Violent crime rates in US cities have only increased since 2019.2 This is especially true amongst young African-American men. These two facts seem inextricably tied together: violence leads to PTSD; PTSD leads to violence, over and over again.

Minority access to mental health-related diagnoses and care is impeded by barriers and challenges that are also experienced by minorities who need addiction and recovery support and resources. There also seems a strong correlation between mental health issues and overdose rates. A recent JAMA study suggests that during the COVID epidemic, specifically from January 2019 through mid-2020, opioid overdoses decreased 24 percent among whites in Philadelphia. Conversely, opioid overdoses actually increased amongst Black Philadelphians by over 50 percent.

According to the U.S. Health and Human Services Office of Minority Health, only one third of Black adults diagnosed with mental illness receive treatment. According to the American Psychiatric Association's "Mental Health Facts for African-Americans" guide, Black adults are less likely to be included in research and receive quality care, while being more likely to use an emergency room as primary care.

I recently spoke with Dr. Jean Bonhomme, founder of the National Black Men's Health Network, who relayed to me some other startling recent statistics. In 2020, African Americans made up about 13.5 percent of the U.S. population, while they also made up over 55 percent of homicide victims, with a more than a 65 percent increase in homicides relative to 2019. Other stark figures that Dr. Bonhomme shared were from a recent CDC study.

In the same period--2019 through 2020--drug overdose death rates for non-Hispanic Black persons increased by 44 percent, while for non-Hispanic

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American Indian or Alaska Native (AI/AN) persons the drug overdose death rates increased by 39 percent.

Other numbers that jump out include the 2020 death rate from overdose among Black males aged ≥ 65 years (52.6 per 100,000) as being nearly seven times that of non-Hispanic white males of a similar age. Meanwhile, treatment for substance use was at the lowest for Black persons (at 8.3 percent).



Salvatore J. Giovanni

One factor in the mental health crisis disproportionally facing the Black community is shown in data from the National Association of State Mental Health Program Directors. This data indicates that the number of people admitted to psychiatric hospitals (and other residential facilities) in the US declined from 471,000 in 1970 to 170,000 in 2014.7 This reduction in the availability of a potential intervention opportunity appears to have led to growth in incarceration and similar non-therapeutic interventions, which, in the absence of these other options, take the place of actual psychiatric help. We must also consider that the life circumstances of young black men must also be the driver of many of these differences and disparities. Out of decency alone, the US needs to find a way to identify and target systemic changes to benefit these populations, which have the most urgent need.

Data like this can seem overwhelming, but this only highlights how disparities tend to cascade through any system, like an engine with one worn part

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Promenade Park + Downtown Toledo September 15, 16 & 17

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Denise Black-Poon, Elected as NANBPWC, Inc.- 20th North Central District Governor

Special to The Truth

The North Central District of the National Association of Negro Business and Professional Women's Club, Inc. (NANBPWC) announced that Denise Black-Poon from Toledo Ohio became the 20th NCD Governor on July 1 2022. The North Central District consists of Ohio, Michigan, Illinois, Indiana, Kentucky, North Dakota, South Dakota, Western Pennsylvania, Wisconsin, Iowa and Minnesota. NANBPWC is a non-profit service organization of African



Denise Black-Poon

American professionals, entrepreneurs and youth who are committed to improve the quality of life in our neighbourhoods.

Denise Black-Poon's vision is to get the word out there about this wonderful organization and the many services that is provided.

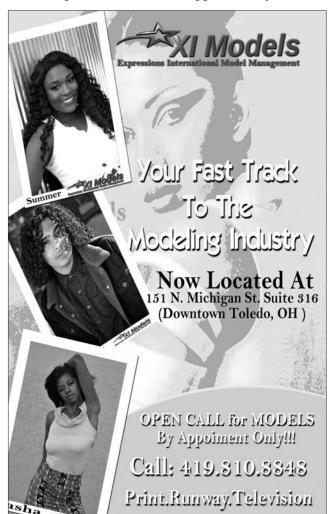
The NCD Theme under her administration is: "Changing the way we do business and our future: Impacting the communities

The National Theme is "Moving Forward with a Purpose."

The NCD slogan is the Mightiest of the Mighty North Central District.

The Purpose of the organization is to promote and protect the interest of business and professional women and to create good fellowship among them, to promote the interest of the business and professional women toward unite action for improved social and civic conditions: to create and develop opportunities for women in business and the professionals.

The mission is to promote and protect the interest of African American business and professional women: to serve as advisors for young people seeking to enter business and professions: to improve the quality of life in our local and global communities and to bring good fellowship.



Denise Black-Poon's objective is to be dedicated to the mission, purpose and goals for the National Association of Negro Business and Professional Women and give her time to service and membership that contributes to the growth of the organization: "To share my leadership skills, banking and finance experience, payroll, audits, training and development, budgets and

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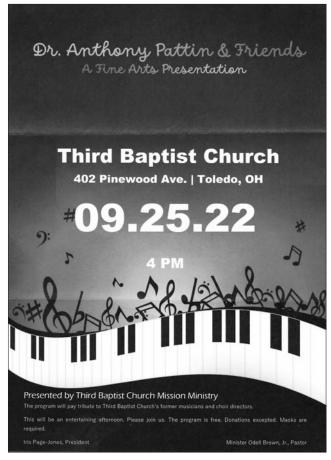
Lucas County Children Services Director of Administrative Services Named 'Power of Change' Honoree

Special to The Truth

Ebonie Jackson, CPA/CITP, MBA, CGMA, director of administrative services at Lucas County Children Services (LCCS), is being honored as a member of the Ohio Society of CPAs' inaugural class of Power of Change honorees.

Power of Change recognizes twelve individuals from across Ohio who are advocates for women's initiatives in the workplace and business

... continued on page 12



TARTA Announces Grant Award, Prepares To Reach New Communities With Microtransit

Special to The Truth

Public transportation is set to become a viable option for more residents of Lucas County, thanks in part to the most recent competitive grant secured by the Toledo Area Regional Transit Authority (TARTA).

TARTA will launch an on-demand microtransit pilot in the first quarter of 2023, revamping the current Call-A-Ride system to allow customers to request curb-to-curb transportation within specific service areas through a new mobile phone app or by calling TARTA.

TARTA was recently awarded a \$3.2 million grant from the Ohio Department of Transportation, which included \$2.2 million to fund the microtransit program, alongside funds for facility renovations, bus washers, alternative fuel infrastructure, and new vehicles.

TARTA CEO Laura Koprowski, TARTA Board of Trustees Vice President Mary Morrison and Springfield Township Trustee Andrew Glenn took part in a press conference to announce the grant and the microtransit pilot Wednesday, August 31 at Spring Meadows Shopping Center, one of the several locations public transportation will now be able to reach under this program.

"This is a big win for our area and those who have the chance to join the thousands of Lucas County and Rossford residents who already depend on public transportation," said Koprowski. "We want to thank ODOT and our state legislators who are down at our state capital every day advocating for TARTA. They recognize the positive impact that programs like this can have on the lives of their constituents.

"We are happy to be reaching new communities with microtransit, and for those with mobility challenges to be able to provide an additional lifeline and a way for those residents to be able to connect with their communities."

The first half of the pilot program will bring on-demand microtransit service to Zone 1A (Sylvania, Sylvania Township, Ottawa Hills, Springfield Township, and Holland) and Zone 2A (Maumee, Monclova Township, Whitehouse and Waterville). Soon after, microtransit service will be introduced to Zone 1B (Berkey and northwest Lucas County) and Zone 2B (Southwest Lucas County).

The microtransit pilot project will also serve customers in those areas with ADA eligibility, seniors, and anyone with mobility challenges. On-demand rides will be delivered in a fully accessible fleet of vehicles.

Passengers will be able to request rides that would arrive in 30 to 60 minutes, similar to rideshare services, and those traveling outside of their specific area will be able to connect to TARTA's fixed-route stops using the microtransit service. With the project still in the planning stages, specific pricing and other details are still being discussed.

"On behalf of the Board of Trustees, I would like to thank Laura and her team for their vision and passion as we move public transportation into the future, especially in Springfield Township," said Springfield Township Trustee Andy Glenn. "Lucas County and Rossford are going to be more accessible by way of microtransit. The residents and businesses in Springfield Township will benefit from this new concept."

With these funds included, TARTA has won a total of more than \$20 million in competitive grants in the last year.

"We are so grateful for the confidence the voters showed in us last year,





TARTA CEO Laura Koprowski speaks at Spring Meadows Shopping Centersite of the microtransit hub - as Mary Morrison and Andrew Glenn look on



and the hardworking team members at TARTA continue to show those voters they made the right choice by aggressively pursuing and winning competitive grants," said TARTA Board of Trustees Vice President Mary Morrison. "These funds will go toward making this is a system we can all be proud of.

"As a resident of Sylvania, I have enjoyed being able to use TARTA's Call-A-Ride service myself. With this pilot program, everyone in this area will be able to use that service to connect with jobs, medical appointments, grocery shopping, and other essential destinations."

This program will be built with the help and input of an advisory group, made up of TARTA customers and other community leaders, that will meet virtually for the first time Wednesday, Sept. 28. Current Call-A-Ride users, persons with disabilities and western Lucas County residents likely to use TARTA's expanded service are invited to attend, and should look for log-in information in the coming weeks on TARTA social media sites



Local University Receives over 50 Million in Sponsored Research and External Funding in Last Year

Special to The Truth

Central State University faculty and staff set a new school record in sponsored research and external funding for the third consecutive year by earning over 50 million during the 2021-22 fiscal year. CSU shattered the previous benchmark of 26.7 million dollars achieved in fiscal year 2020-21.

The historic achievement is consistent the university's explosive growth in annual sponsored research and external funding. Central State's external funding has increased by over 137 percent over the last three years from 21.1 million dollars in 2019 - 2020 to 50.05 million dollars in 2021 - 2022. The total does not include any CARES Act funding awarded to universities in response to the COVID-19 Pandemic.

"The sustained growth demonstrates that CSU's core value of academic excellence infused through the efforts of our faculty and staff is being recognized by funding agencies" said CSU President Jack Thomas, PhD. The record-breaking achievement advances the presidential priority to continue to meet and enhance CSU's 1890 Land-Grant mission of conducting cutting edge research and using gained knowledge to address societal problems through extension services according to Thomas. The growth in research funding is part of CSU's goal to attain a "Research Two" designation as a high research institution within the next five years.

"Research and other externally funded activities provide tremendous opportunities for faculty, students, and staff to engage in scholarly activities outside the traditional classroom settings" said F. Erik Brooks, PhD, provost and vice president for Academic Affairs. "Projects funded will enhance CSU's physical and human infrastructure including state of the art equip-

ment, upgraded facilities, technology, new faculty and staff, professional development, and training opportunities."

"CSU faculty and staff are being recognized for our rigorous pursuit of knowledge that addresses societal concerns" says Morakinyo A.O. Kuti, PhD, associate provost for Research. "The record setting amount demonstrates that CSU is taking our rightful place as an institution of higher education dedicated to improving the communities and society locally and globally through evidenced based activities," Kuti commented. "CSU is especially proud of the inclusion of students in our efforts as it provides experiential learning opportunities vital for their academic success and future professional careers," said Kuti.

Major projects funded this year include the following:

Ten million dollars from the US Department of Agriculture for the "Sustainable Aquaculture Production of High Omega 3 Containing Fish Using a Novel Feed Additive" The project is led by Brandy E. Phipps, PI, PhD, Craig Schluttenhofer, PhD, and Krishna Kumar Nedunuri, Ph.D. (Co-PIs). Project goals include researching the potential use of hemp as an aquaculture feed, training and equipping new aquaculture producers, increasing local production of produce and healthy fish, provide workforce training for Native American and African American graduates.

3,582,160 dollars from the U.S. Department of Commerce for the Central State University Workforce Training and Business Development Center. The

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North Toledo Self-Made Author Returns to **Toledo**

By Tricia Hall The Truth Reporter

Vincent Flowers, a self-made published children's book author, returned to Toledo on September 2 to donate 60 books to Spring Elementary first and second graders. Flowers read the entire book for the two Toledo Public School classes and publicly thanked his fifth grade teacher, Mrs. Redmond, who was also in attendance.

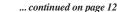
"I retired in 2005 and this is my first time in the new Spring building. I am so proud of Vincent. As a teacher, you want to know what worked and where the kids are now," shared Mrs. Redmond.

Flowers was inspired to write, Zoe and Zion Love to Build, because he noticed that there were few if any children's books for Black and Brown children, except for books written about athletes and presidents. Flowers and his wife, Zelia, routinely read to their two children, Zoe and Zion, especially at night. One of the nighttime reading sessions led to the book's creation.

"This book has provided an example to my children that with hard work and dedication anything is possible. Zoe and Zion absolutely love reading the book and the feedback received from readers have been nothing short of amazing. In addition, being able to share this moment with one of the chiefs of the village that helped to mold me, Mrs. Redmond, is beyond words," shared Flowers.

Flowers wrote the book, found the illustrator, created the book cover and

partnered with Mahogany Pen Publishing. The finished product was available for sale by Father's Day 2022. Flowers decided to donate the books to Spring Elementary School because his





Flowers and Mrs Redmond



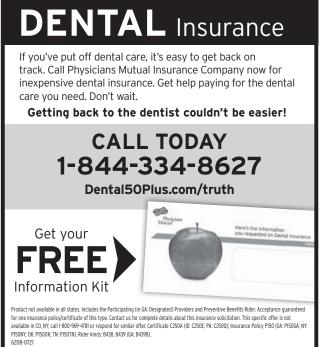
Flowers and his mother



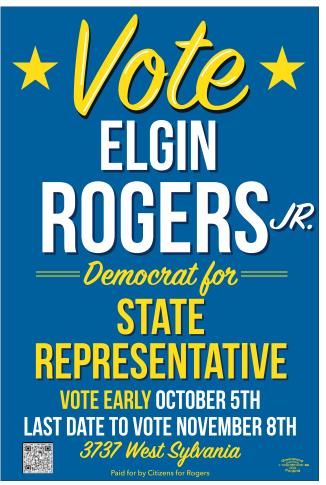
Flowers and his father







NANBPWC- Toledo Club and the Henrietta **Society Welcome Burroughs Elementary Students Back to School**



Summer break has ended and the students of Burroughs Elementary School headed back to school and were greeted by the women of NAN-BPWC, Inc. - Toledo Club and the Henrietta Society. Students smiled as they were welcomed with open arms, smiles, laughter and bubbles while entering the doors of the school on the first day.

These businesswomen share the same interest in education and are made up of many retired and current educators who know the importance of helping students receive the best educational opportunities and help that they deserve.

The National Association of Negro Business and Professional Women Clubs' signature program is the NANBPWC Debutante Cotillion Scholarship Program which has existed since 1964. Programs are always taking place that include Leadership, Entrepreneurship, Technology, Health, Economic Development, Education, Human Trafficking, Domestic Violence, Voter Registration and more for students as well as adults.

Wilma Brown is the chair and Karen Jarrett and Denise Cardwell are



the co-chairs. The Toledo Club President is Tyra Smith. The Toledo Club Members who attended were Denise Black-Poon who is the Toledo Club Program Chair and the North Central District Governor, Deborah Carlisle, Denise Cardwell, Karen Jarrett and Beverly Tucker.

The Henrietta Society was established in 1881 in Toledo, Ohio and has been in continuous operation since that time without inter-

> ruption. The purpose of the organization is to provide social fellowship, educational improvement through scholarship and community service. The Henrietta Society is considered to be the oldest active club in the Greater Toledo Area and outdates many national African American organizations. The Henrietta Society President is Audrey Madyun. Also, in attendance were Kim Davis, Lois

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 Just want a lower rate or payment? Refinance your current mortgage to a low, fixed

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St. Paul MBC Backpack Giveaway

St. Paul Missionary Baptist Church held its annual backpack giveaway on Saturday, August 27 from 11 am to 2 pm at its end of summer picnic.

The church gave away 55 back packs that were collected from donors such as Lindsey Webb, Lucas County Treasurer, and





Valerie Simmons-Walston, vice president of University of Toledo and special advisor to the president for community engagement.





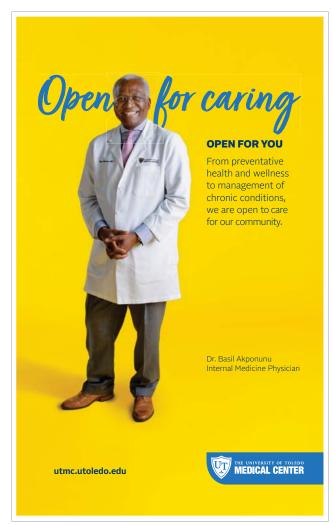


NANBPWC... continued from page 8

Mathis, Jovita Robertson, third grade Teacher at Burroughs Elementary, and Karen Jarrett, retired teacher from Burroughs Elementary.

With a theme of "May the Lord, watch between me and thee, while we are absent, from one another", you will find The Henriettas, as they are called, decked out in yellow, the club's color at various events, or wearing a yellow rose, the symbol of friendship. Each year the club strives to do at least one charitable act such as adopting a family at Christmas, making donations to local food banks, or helping to sponsor events for youth in the community.

Both clubs took time out to also support Jovita Robertson's third grade class at Burroughs, Elementary School, where they also gave donations of school supplies and were introduced to the students. It was an opportunity for women of our community to welcome the children back to school. Plans are already in progress to do the same thing next year with even more. Feel free to join us as we support our youth.









Whole Grain for Whole Benefits

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Eating whole grains as part of a healthy diet can help reduce the risk of some chronic diseases like a lower risk of heart disease, diabetes, certain cancers, and other health problems. The general recommendation from The Dietary Guidelines for Americans is to "make half your grains whole" meaning that out of all the grain food you eat during the day, at least half (if not more) should be whole grains verses refined or enriched grains.

Many Americans do not eat enough whole grains. Whole grains are naturally high in fiber. Grain foods are made from wheat, rice, oats, cornmeal, barley, popcorn, and many other grains. So, what's the difference between whole-grain, refined grain and enriched grains?

How the grain was milled determines if it is a whole grain or refined grain. The whole grain has all three of the key parts – bran, germ, and endosperm. The process of refining grain allows the bran and germ to be easily and cheaply separated from the endosperm. The **refined grains**, which are very common, are missing one or more of those key

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parts of the grain. White flour and white rice are both refined grains because the bran and germ have been removed. Refining a grain removes some of the protein as well as some of the nutrients. **Enriching** the grain means that some of the missing nutrients are added back to the refined grains. Because we understand the healthy advantages of whole grains, it's healthier to just eat the whole grain.

Fortification is a little different in the sense that a nutrient is added to the food that was not originally there. A common example in grains is that bread and some cereals are often fortified with folic acid. If you mostly eat whole grains, (which are usually not fortified with folic acid), make sure you eat enough other foods that are rich in folate, including fruits, vegetables, and legumes. While folate and folic acid are important for everyone, it is especially important for women who could become pregnant or are pregnant for the health and wellness of mom and baby.

How can you tell if it's a whole grain? Check the list of ingredients and look for whole grain listed as the first in the ingredient. The whole grain ingredient might be: whole wheat, whole rye, whole grain corn, whole oats, graham flour, oatmeal, brown rice, bulgur, or wild rice. Don't use the color of foods to determine if they are whole grain. Caramel coloring is sometimes added to give some refined grains the appearance of being a whole grain. Also, read the Nutrition Facts Label. Whole grain products generally have at least three grams of fiber per serving.

What about white whole-wheat bread? White whole-wheat bread is nutritionally similar to regular whole-wheat bread. If you like the taste and texture of white bread, but want the nutritional benefits of whole wheat, look for white whole-wheat bread over refined white bread.

When it comes to serving sizes, MyPlate and the Dietary Guidelines for Americans, make the following daily recommendations: school-age youth need about 5 to 8 ounces of grains a day; adults need 6 to 8 ounces. One ounce is approximately,

- 1 slice of bread
- ½ an English muffin
- 1 cup of cereal
- 1 (4.5 inch) pancake
- 1 (6 inch) tortilla
- 7 square or round saltine or snack crackers
- \bullet ½ cup of cooked rice, pasta or cereal

It is not unusual to eat more than one serving of grains with a dish. For example, a whole sandwich with two slices of bread is considered two servings of grains. Incorporate some of the following whole grains into your diet to celebrate Whole Grains Month in September!

- Enjoy whole-grain cereal at breakfast. Many ready-to-eat (cold) cereals use whole grains but not all of them do, so check the ingredients list. Oatmeal is an example of a whole grain.
- Use whole grain tortillas for tacos or a wrap for a quick lunch
- Instead of white rice, try other whole grains like brown rice, wild rice, or quinoa
- · Add whole-grain flour or oatmeal when baking
- Popcorn is a whole grain!
- Consider donating a whole-grain food product to a local food bank or pantry.

Information from MyPlate, Mayo Clinic and The Whole Grains Council

Health Section • Health Section

A Mental Health Moment

Questions & Answers on Mental Health

By Bernadette Joy Graham, MA, LPCC, CCHt, Licensed Mental Health Therapist The Truth Contributor

Over the past couple of years of having the opportunity to write and share Mental Health Moment, I have been contacted by some readers with various questions about mental health as well as topics they feel would be important to deliver to the audience. Below are a few questions I have collected over the years and my responses:

Question 1: How do I get started, how do I come see you or any therapist?

Response: You do not need a referral to see a mental health provider. I suggest starting with your insurance. Contact your insurance carrier via phone or website (most have portals now) and ask for the contact information for say five therapists within 15 miles of your zip code. You may also visit websites such as www.psychologytoday.com or www. goodtherapy.org and scroll through many mental health providers. You can be specific such as male or female therapist, family therapy, or a therapist who specializes in trauma. There will be many from which to choose on their website. These sites are free, you do not need to set up accounts or pay a fee. Lastly, ask your medical provider if they know of any mental health providers that may meet your needs. If you do not have insurance, ask the mental health provider about a sliding fee schedule

Question 2: Do I have to take medications if I go to a mental health provider?

Response: No. Only Psychiatrists, medical doctors, PAs, and Certified Nurse Practitioners can prescribe medication. If your providers give you a prescription be sure to ask a lot of questions to better understand the purpose of the medication, side effects and what to expect. It is good practice to be in counseling while taking psychotropic medications so you can work on the issue in other ways such as developing coping skills as medications alone hardly work. If you start taking a medication and it causes side effects or any other problems contact the provider who prescribed it for further direction as many medications if stopped abruptly will cause difficulties.

Question 3: What do I do if I start seeing a mental health provider and don't feel comfortable or just don't like it?

Response: Not everyone is a good match and therapists understand if you are having difficulties. Be upfront and tell your therapist you feel you need a different therapist for whatever reason and they are obligated to help you find another therapist, but you will not hurt their feelings or make them mad. If you just stop going to your sessions the only person who loses out is you. If nothing else, just simply tell them you will

not be returning and you are seeking other help. Don't give up on the first therapist you see, at least try a few before throwing in the towel.

Question 4: How do I get my family member, loved one or friend to go see a therapist?

Response: This is as difficult as it gets with family and loved ones. Parents often force their child into therapy and sometimes it works and sometimes it doesn't. If you feel someone you care about needs some mental health help, let them know you will help them and even go to the appointment with them (you will not be able to sit in on the appointment but it may help get them there.) Help them find a therapist. Do your best to relieve the stigma associated with mental health. It is healthy to get a mental health assessment especially if the individual may cause harm to themselves or someone else. It doesn't hurt and the first session only lasts about 60 mins (it takes longer than that to wash your car).

Take a mental health moment and contact me should you have other questions that I may answer to help everyone to better understand mental health. Mental health is an integral part of our overall health, it may be the key to solving other health problems. Don't avoid how you feel, friends and family are here to support us but see a professional to get the best answers that are objective and confidential. If you or someone you know is having a mental health crisis, while you can always call 911, the mental health crisis line is 988 and the individual on the other end of the phone specializes in mental health issues.

Life can be difficult at times, none of us get through it without some bumps in the road. Make your journey a little less complicated and get your mind right! Seek out a therapist today.

Bernadette Graham is a Licensed Professional Mental Health Counselor, and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929 (Appointments available on Tuesdays and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 www. bjgrahamcounseling.com Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older.

North Toledo Author... continued from page 7

teacher, Mrs. Redmond, signed him up for a program which elevated his posthigh school opportunities. Flowers was signed up for the Ohio State Young Scholars Program, which provides first-generation students with the opportunity to pursue higher education.

Following the reading, Flowers answered questions from the students about the book and received a hand-crafted thank you note which was signed by all the children. A Spring Elementary shirt and flowers were presented to Mrs.

- "I liked when they started working together," said one male student.
- "I liked how they made up with love," said a female student.

Zoe and Zion Love to Build is a story about two siblings who enjoy building different structures with their toy blocks. While Zoe is older and tends to create

faster, Zion always wants to be included and provide his own input and ideas to the building process. At one point, Zion becomes frustrated with his sister and acts out.

After acknowledging his actions and receiving a gentle reminder from Dad, Zion apologizes to his sister which leads to them collaborating to build a giant castle. The book is leading in several Amazon new release categories including: #1 in children's social skills, #1 in children's safety books, #1 in children's daily activities book and #3 in children's value books.

Flowers was born and raised "Out Stickney" also known as North Toledo. Flowers graduated from Spring Elementary and Leverette Junior High before graduating from Central Catholic High School and The Ohio State University.

Flowers works for Johnson & Johnson and currently resides in Jacksonville, Florida. He plans to partner with additional sponsors to donate additional books to schools in both Toledo and Jacksonville.







Health Section • Health Section

African American Boys and Men... continued from page 3

eventually damaging another. The United States has deferred system-wide maintenance in the places that have needed them most for far too long: the health and mental health care systems. The outcome is predictable, yet we remain shocked when the situation worsens.

Are there any positives the can impact minority mental health?

Absolutely! The new nation-wide 988 crisis number launch went live July 16th of this year, and text-based services will be included. Studies suggest that over 75 percent of those using text on existing crisis services are under 25.8 Minority populations in the USA have a higher percentage of people in younger age groups than whites. Therefore, better serving an underserved community is an outcome that is a clear improvement on the current situation.

Post-pandemic societal trauma, proper focusing on framing gender equity, gender identification, and gender expression are all areas of special concern within minority communities. For example, a Black teen in a city school district might not find the same resources and support as a white teen in the suburbs. This can trigger high mental stress that may follow them into and throughout adulthood. Issues like these, and the struggle to keep issues relevant to mainstream media, are just the tip of the iceberg of challenges facing any effort to improve the existing situation surrounding minority men's' mental health.

What can be done? The ACA (Affordable Care Act, also known as Obamacare), as passed by Congress, does not provide for Well-Man visits. I continue to urge insurance companies and other payers to include adequately-reimbursed Well-Man medical visits similar to the yearly Well-Woman Visits available under the ACA.

Men's Health Network redoubles its recommendation that those charged with the health and social welfare of boys and men consider the following:

- 1. Acknowledge the heterogeneity of boys and men and the unique needs of diverse populations
- 2. Develop culturally appropriate male-focused screening tools
- 3. Develop guidelines that recognize the need to regularly and routinely screen boys and men for both physical and mental health issues
- 4. Address the poor reimbursement for behavioral health clinical services
- 5. Establish culturally and gender-appropriate programs to identify, interrupt, triage, and manage mental health issues in African-American boys and men, providing education and training for those in the community who interact with boys and men.

With this said, Men's Health Network, Healthy Men, Inc., the National Black Men's Health Network, and the Men's Health Caucus, have launched a public awareness campaign, "You OK, Bro?" https://cts.vresp.com/c/?MensHealthNetwork/ff5ca8b8c0/bab110333e/17c13d87b5 and will be hosting a workshop summit on Thursday, October 13th, 2022 at the National Press Club in Washington, DC to build awareness of the mental health crisis now erupting in the male population of the US. This important event will be live-streamed. The goal of the summit is to examine and return recommendations to help reverse the recent increase in mental health crises. Behavioral experts from multiple organizations will share research, trends and discoveries, and supply information to men, boys, and their loved ones to help them identify the signs of mental distress, and recommend ways to improve mental and emotional fitness.

"You OK, Bro?" is the beginning of a dialog that can start with those words, whether between just two men, or at a national scale. We hope "You OK, Bro?" can change the way the US sees and talks about men's mental health.

MEN'S HEALTH NETWORK

Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

Salvatore Giorgianni is an expert in men's health, is Senior Science Advisor to Men's Health Network, and is a registered pharmacist. He is a recognized expert in drug regulatory and US pharmaceutical policy as well as in organizational reputation management and strategic alliance development. He has authored, co-authored or presented some 200 works in health care, industry regulation and business. He is an advisor and board member to several health advocacy associations including: Men's Health Network; American Osteopathic Medical Foundation; Kappa Psi Scholarship Foundation; Nurse Practitioner Health Care Foundation and the National Association for Continence.

He is a founding member of the Dialogue on Men's Health, a presenter at the White House conference on Men's Health, and a contributor to the SAGE publication, American Journal of Men's Health. Dr. Giorgianni had a 26 year career with Pfizer Inc, where he held positions in the medical, regulatory, training, public policy, business planning, sales and marketing groups. Most recently he served as Pfizer's Director, External Relations. He also directed several publications, including the Pfizer Careers In Health Care series and The Pfizer Journal: Perspectives in Health Care and Biomedical Research.

Local University... continued from page 6

project is led by Morakinyo Kuti, PhD, with a team of faculty including Fred Aikens, PhD; Arunasalam Rahunanthan, PhD; Mahmoud Abdallah, PhD; Ramani Kandiah, PhD; Abayomi Ajayi-Majebi, PhD. and Sal Almestiri, PhD. The goal of the project is to establish a Workforce Training and Business Development Center that will serve underserved communities in Clark, Greene, and Montgomery counties.

A grant of 599,982 dollars from the US Department of Agriculture for "Development of a Holistic Nano Photocatalytic Approach for Controlling Ag-

riculturally-Induced Algal Blooms and Associated Cyanotoxins in Lake". Ning Zhang, PhD, serves as the project director. The goal of the project is to build CSU with research capacity on developing and expanding economically viable and environmentally compatible water treatment technology, through developing advanced oxidation process for microcystins destruction

A total of 597,461 dollars from the US Department of Agriculture grant for "Introducing Ergonomics Safety in Agriculture Production through Use of a Movement Studies Lab" project. Kathy Carter, PhD, serves as the project director. The project aims to expand exercise science (EXS) research to

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https://www.facebook.com/CL ARENCESMITHCOMMUNITYCH ORUS include the ergonomics of farm safety, as well as develop an ergonomics curriculum within the EXS program.

A grant worth 538,986 dollars from the US Department of Agriculture for the "Fastrack Farming: A Training Program for Socially Disadvantaged and Military Veteran Beginning Farmers during the COVID 19 Pandemic." Siddhartha Dasgupta, PhD, serves as the project director. The project's goal is to collaborate with community-based organizations in Ohio to train socially disadvantaged and military veteran beginning farmers to start and manage viable farms.

Lotus Bloom and the Afro Revolution by Sherri Winston

By Terri Schlichenmeyer The Truth Contributor

You know this truth: The curl's the thing. Short and close to your head, wound around your finger, standing tall in a pineapple, you love how your hair curls around your face, over your shoulders, and down your back. The curl's the thing – it might even be something you're known for – but in Lotus Bloom

c.2021 Bloomsbury \$16.99 263 pages

and the Afro Revolution by Sherri Winston, it's a thing to get someone in trouble. Everything was fine before the paper airplane.

Well, maybe it was more like fine-ish. On her first day at a new magnet school near Miami Beach, Lotus Bloom had to walk past her old school with her BFF, Rebel, who'd be staying at MacArthur. Rebel wasn't happy that the two girls would be in different schools for the first time ever. She hated that MacArthur's building was falling apart. Rebel couldn't be happy that Lotus was over-the-moon happy.

And oh, Lotus was happy! Her big dream was to play violin in a major concert hall with a full orchestra in front of a big audience. She'd been playing violin since she was four years old and music "was life" – and so when she was singled out by a celebrity teacher at her new school in the first week and she was chosen as first chair in the school orchestra, she was so excited!

But the boy she replaced as first chair? Not so excited.

In fact, ninth-grader Adolpho Cortez was angry that a 12-year-old seventh-grader could land a position that he'd worked so hard for, an orchestra position that his parents promised him was his. And so Adolpho and his friends started hassling Lotus with paper airplanes and paper-wad bombs during orchestra class.

And this wouldn't have been a big deal, except Lotus was rocking a monster Afro that she was proud of, and that took a lot of work – and when she complained about the harassment, the school said she had to cut her hair! How was

AND THE AFRE REVOLUTION

Sherri Winston

this fair? How was this right?

How was Lotus going to stand up for herself?

Who remembers a time when young ladies were told to go-along and be demure? Who wants that for their own daughter? Who wants Lotus Bloom and the Afro Revolution?

Probably you, because today's girls are strong, and so is author Sherri Winston's main charac-



Lotus Bloom and the Afro Revolution author

ter. Lotus Bloom is also a modern girl, a good kid, smart and proud, and her inner-world is rich with observation and the kind of wisdom that comes from being almost thirteen. This lends a nice bit of humor to the story but mostly, it's a sort of been-there, done-that for young teens, within a road map to respectful disagreement. Bonus: the kids in this book aren't fools, and there's no big boy-drama inside this story.

Parents may enjoy reading Lotus Bloom and the Afro Revolution, perhaps even along with their 11 to 14-year-old, who will love a character with guts. For any girl (or boy!) who needs a dose of bravery, it's a book to curl up with.

Denise Black Poon... continued from page 4

human resources knowledge etc.: To help in any way possible to contribute to the success of the organization. Finding innovative ways to network and collaborate with other business and professionals."

She feels that there is much work to be done with leadership, entrepreneurships, technology and service in our communities and we are always finding new creative ways to bring awareness of important issues that affect us every day. NANBPWC, Inc. also focuses on Domestic Violence, human trafficking, Safe encounters when stopped by the police, voter registration, mental health, Triple negative breast Cancer, heart health, education and more. These are programs that the National Association promotes and are doing in each club.

Black-Poon is a graduate from Bowling Green State University in Bowling Green, Ohio, with a Bachelors of Fine Arts Degree in Art. She is also a member of Alpha Kappa Alpha Sorority, Inc. and Top Ladies of Distinction as well as a member of St. Paul Baptist Church.



Bishop Robert A. Culp... continued from page 16

Church of God in Texas. He spent seven years as pastor of Community of Faith in Oklahoma City where his passion and love for the urban community emerged.

Pastor Butler's most recent tenure of seven years at Bethesda Christian Fellowship under the leadership of Horace Sheppard Jr. where he served as Young Adult Pastor and Church Ministerial Assistant.

"I stand on the shoulders of some amazing giants, said Butler and I am honored to carry on the work of this giant 'The Bishop of Toledo' Robert A. Culp. He has accomplished so much in Toledo he is truly the city's bishop and I look forward to continuing his work and legacy as a community pastor."

Pastor Butler and his wife of 23 years, Twila Butler, have three children: nephew Cory and his wife Cora, son Eric II and daughter Avalon. Pastor Eric loves people and has a heart for worship, teaching and for service. They look forward to encouraging the existing, next and upcoming generations of the church, to take their place now in proclaiming the message to the world that a life of excellence includes being a light in a dark world.

Please join First Church of God for the Installation Weekend Celebration of Pastor Eric Von Butler Sr.

Friday September 16, 2022 at 7:00 pm

A Celebration of Bishop Robert A. Culp and passing of the baton

The Rev. Dr. Charles Myricks of Arlington Church of God

Saturday September 17, 2022 at 11:00 am

The Installation of Pastor Eric Von Butler Sr. and First Lady Twila Butler Rev. Dr. Horace Sheppard Jr. of Bethesda Christian Fellowship Church of God

Sunday September 18, 2022 10:00 am

Join us for Sunday Worship Service with Bishop Robbie Davis of Celebration Church.

*All services will be held at First Church of God 3016 Collingwood, Toledo, Ohio 43610

For further information, contact the church office at (419) 255-0097

While Bishop Culp plans to retire as lead pastor in the spring of 2023, he will not be riding off into the sunset. He and First Lady Maggie Culp will remain at First Church of God and he will remain as active in the community as ever.

Many thanks for the contributions of chogministries and Mark Butzow in the preparation of this article.

Lucas County Children's Services... continued from page 4

community, serve as role models, make significant impact on their communities, or break barriers for other women.

Mrs. Jackson is being recognized for her outstanding leadership, community involvement, mentorship, and innovation.

Jackson began her career as a senior associate at KPMG in Washington, D.C., before moving to Toledo to accept a position at Owens Corning, and ultimately joining LCCS in 2017. She received her B.S. in accounting, as well as her MBA,



Ebonie Jackson

from Florida A&M University. She received her CPA in Virginia shortly after graduation.

Jackson has served on the boards of several professional organizations, and currently serves as a member of the AICPA & CIMA board of directors, the Toledo LISC advisory board and on the boards of directors of The CPA Foundation and the Toledo Zoo. In 2020, she was named the "Outstanding Local Government CPA" by the American Institute of CPAs.

The mission of Lucas County Children Services is to lead the community in the protection of children at risk of abuse and neglect. This is accomplished by working with families, service providers and community members to assess risk and coordinate community based services resulting in safe, stable and permanent families for children.



CLASSIFIEDS

September 7, 2022

Page 15

BILLING CLERK WANTED

Part-time billing person. Experience with Medicaid, Medicare and private insurance preferred. Extremely flexible working hours, excellent pay and great office atmosphere. Call 419-410-5873. If no answer, please leave a message.

CUSTOMER SERVICE CLERKS WANTED

Toledo Lucas County Public Library (TLCPL), a public library that inspires lifelong learning and provides universal access to a broad range of information, ideas, and entertainment, is seeking candidates to fill Customer Service Clerk positions. Please visit Employment Opportunities I Toledo Lucas County Public Library (toledolibrary.org)https:// www.toledolibrary.org/jobs> to review the full details and to apply.

The Toledo Lucas County Public Library is an Equal Opportunity Employer and places a high value on diversity in its workplace including race, color, religious creed, national origin, sex, gender identity, sexual orientation, physical or mental disability, protected Veteran status, or any other characteristic protected by law.

SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo Division of Road & Bridge Maintenance is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by 1:30 PM October 11, 2022. For a copy of the bid proposals and specifications visit https://pbsystem.planetbids.com/portal/22576/portal-home or contact:

ROAD & BRIDGE MAINTENANCE 1189 W. Central Ave. Toledo, Ohio 43610 PHONE: 419-245-1588

CHURCH MUSICIAN

True Vine M.B.C.739 Russell St. Toledo, Oh 43608. We are in need of a church musician (Organist or Pianist and a Drummer). Every Sunday at 10:45 am. Also, available for 4pm service (once they begin again). and available for choir rehearsal.

Salary is negotiable. Please call Trustee Bell at 419-356-2037 or call the choir president Trustee Bellzora Duhart at 419-729-1940

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PUBLIC NOTICE

The Village of Ottawa Hills Police Department will be destroying any unclaimed and forfeited property. Please call 419-536-4123 in the next 30 days if you believe any of your property is in the possession of the Police Department.

Call to place your ad: 419-243-0007 www.TheTruthToledo.com

PUBLIC NOTICE SUBSTANTIAL AMENDMENT TO THE 2020 FIVE-YEAR CONSOLIDATED PLAN AND 2021 ANNUAL ACTION PLAN

The City of Toledo (COT) intends to make application to the U.S. Department of Housing and Urban Development (HUD) for the use of federal funds to create two Neighborhood Revitalization Strategy Areas (NRSAs) located in the Old South End and Englewood neighborhoods.

The reason for the NRSAs is to focus the COT's federal Community Development Block Grant (CDBG) funds and leverage them for greater impact in targeted areas. Goals of the NRSAs include increasing the supply of affordable housing and improving the housing stock, creating/retaining jobs and assisting small businesses and microenterprises, and improving infrastructure in the commercial corridor. It is anticipated that the proposed two NRSAs will attract private and public sector investments which will assist in improving the housing, economic development, and living

The NRSA plan will be implemented by the Department of Housing and Community Development (DHCD) who will manage an implementation working group in each NRSA and institute a monitoring and reporting system for agencies carrying out NRSA activities. The working groups will consist of residents, community leaders, nonprofits, funders, major institutions, and other stakeholders.

The Substantial Amendment to the 2020 Five-Year Consolidated Plan, 2021 Annual Action Plan, and City of Toledo NRSA application will be available for review beginning Wednesday, September 28, 2022, on the website of the following entities:

Department of Housing and Community Development One Government Center, 18th Floor Downtown Toledo, Jackson & Erie Streets website: https://toledo.oh.gov/departments/housing-community-development

Office of the Mayor One Government Center, 22nd Floor Downtown Toledo, Jackson & Erie Streets website: https://toledo.oh.gov/government/mayor

Clerk of Council One Government Center, 21st Floor Downtown Toledo Jackson & Frie Streets rebsite: https://toledo.oh.gov/government/city-council/

The Fair Housing Center Toledo, Ohio 43604 website: www.toledofhc.org Lucas Metropolitan Housing 435 Nebraska Avenue Toledo, Ohio 43604 website: www.lucasmha.org

Toledo Lucas County Homelessness Board 1220 Madison Avenu Toledo, Ohio 43604 website: www.endinghomelessnesstoledo.org

Toledo-Lucas County Public Library 325 Michigan Street Toledo, Ohio 43604 website: www.toledoli

Lucas Co. Board of Developmental Disabilities

A public hearing on the Substantial Amendment to the 2020 Five-Year Consolidated Plan, 2021 Annual Action Plan, and City of Toledo NRSA

Thursday, September 29, 2022, 5:30 p.m., by Virtual Hearing

Please click the link below to join the webinar https://toledo-oh-gov.zoom.us/j/81451426403 Passcode: 693472 Or One tap mobile :

US: +1408-961-3927, 81451426403#, ... *693472# or 1855-758-1310, 81451426403#, ... *693472# (Toll Free)

Oile(for higher quality, dial a number based on your current location):
US: +1 408-961-3927 or 1 855-758-1310 (Toll Free)
Webinar ID: 814 5142 6403

International numbers available: https://toledo-oh-gov.zoom.us/u/kd7lfFfxyN

The City of Toledo will also receive comments from the public in writing beginning Wednesday, September 28, 2022, through Thursday, October 27. 2022, at the following address

> CITY OF TOLEDO DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT SUBSTANTIAL AMENDMENT – NRSA APPLICATION ONE GOVERNMENT CENTER, SUITE 1800 TOLEDO, OHIO 43604

The City of Toledo supports the provisions of the Americans with Disabilities Act. If you would like to request a reasonable accommodation, please contact the Office of Diversity and Inclusion ADA coordinator at (419) 245-1198 or submit a request online at toledo.oh.gov/ada.

Bishop Robert A. Culp Passes the Baton

Special to The Truth

In 1961, a young man and his wife got lost on their way to an interview in Toledo, Ohio. As they drove around downtown, what they saw while trying to find First Church of God that day convinced them they wanted the job—and they wanted to stay long-term.

"We got a nice tour because the driver first took us to the wrong address. We drove past the museum, the University of Toledo and such. We decided in the car 'if they ask us to come here to pastor, we are going to stay here for a long time," Rev. Dr. Robert Culp recalls.

And they did stay. Rev. Culp started as lead pastor that fall, a few years after finishing ministerial studies at Anderson University (then Anderson College), where the tall Pennsylvania youth also played varsity basketball. He did graduate work at Anderson, too, while at his first pastorate in Danville, Illinois. Now, 60 years later, Bishop Culp is set to retire from his pastoral role at First Church of God.

During his entire six decades in Toledo, Bishop Culp has been involved in bettering the conditions for Toledo's low-income neighbors, and that won't be changing now.

Reverend Culp's activism for the Black community took the form of efforts like:

- involvement with the NAACP and other groups working to fight discrimination early in his time in Toledo, building on efforts he made while a college student in the late 1950s. (He helped to get several businesses in Anderson, Indiana, to open their doors to Blacks for the first time.);
- helping convince the Toledo City Council in the late 1960s to pass a fair housing ordinance against redlining. While it was later overturned by voters, federal law soon helped reduce that discriminatory housing practice;
- creating a corporation of sorts to expand job opportunities for the poor in Toledo. At its peak, the corporation had a McDonald's franchise, two grocery stores, and a small factory. "It helped community members with

spiritual life and the quality of their lives, really," he recalls.

"My retirement from being lead pastor here at First Church is not really a retirement, but shifting roles," Culp said. He is diving headfirst into an ambitious community service project—transforming a closed satel-





Pastor Eric Von Butler, Sr.

Bishop Robert A. Culp

lite campus of the University of Toledo into a hub for community services programming.

Toledo can continue to expect Bishop Culp to remain an active face and voice in the community lending his time and talents to new projects and initiatives. Bishop Culp will have a retirement celebration on May 20, 2023 at Downtown Hilton and will remain at First Church of God, Toledo Ohio.

In carrying the mantle forward at First Church of God will be Pastor Eric Von Butler Sr. He is originally from Akron, Ohio and grew up at The Arlington Church of God under the leadership of Dr. Ronald Fowler. He attended Bay Ridge Christian College, expecting only to play basketball but God had other plans. Pastor E (as he would like to be called) accepted a call to the ministry during his sophomore year.

He obtained a Bachelor's Degree in Urban Life Ministries. He has a Master's Degree in Pastoral Leadership and Care from Mid -American Bible University. Pastor Butler has served as at Rosenberg and South Park

... continued on page 14

